



West Carleton Winter Programs 2023

Adult Programs

Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

Jan 9-March 6 6:30-7:30pm Fitzroy Harbour Community Centre 33264

TMC

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand-weights.

Jan 10-March 5 7:00-8:00pm Kinburn Community Centre 33265

Pickleball-Game Play

Pickleball is a combination of ping-pong, tennis, and badminton. Enjoyable for all ages, pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes. Emphasis is on active participation at a recreational level.

Jan 14-March 11 11:00-Noon St. Michael's School-Fitzroy 34162

Older Adult Programs

Strength and Balance- Older Adult

Want to stay mobile and strong enough to prevent falls? Learn how to improve your balance and strengthen your body, including your core, with exercise and easy-to-use resistance equipment. Build your independence along with stronger muscles and bones.

Jan 10-March 7 12:15-1:15pm Huntley Mess Hall 33199

Jan 12-March 9 12:15-1:15pm Huntley Mess Hall 33203

Jan 10-March 7 9:15-10:15am West Carleton Community Complex 33210

Jan 12-March 9 9:15-10:15am West Carleton Community Complex 33213

TMC Older Adult

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand-weights.

Jan 11-March 8 9:30-10:30am West Carleton Community Complex 33264



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Preschool Programs

Frosty Blades

Get acquainted with the ice, standing and shuffling. An adult on skates with some skating experience must accompany the toddler for each lesson. A CSA-certified hockey helmet is required for all skaters, including the adult. A full cage is highly recommended.

Jan 14-March 4	9:00-9:30am	Corkery Community Centre	33277
Jan 14-March 4	9:40-10:10am	Corkery Community Centre	33278
Jan 15-March 5	9:00-9:30am	Fitzroy Harbour Community Centre	33274
Jan 15-March 5	9:45-10:15	Fitzroy Harbour Community Centre	33275

Junior Gliders

For children who can skate forward and beyond. Levels 1 - 5. Skills may include backwards skating, one foot gliding, and two-foot turns. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Jan 14-March 4	10:12-10:50am	Corkery Community Centre	33284
Jan 15-March 5	10:30-11:00am	Fitzroy Harbour Community Centre	33283

Soccer preschool

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer-based activities.

Jan 14-March 11	9:00-9:30am	St. Michael's School-Fitzroy	34152
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Twinkling Toes with Parent

Join your little dancer to learn creative movement through basic ballet and jazz.

Jan 15-March 5	9:00-9:30am	Carp Memorial Hall	33269
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Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

Jan-15-March 5	9:40-10:10am	Carp Memorial Hall	33266
Jan 15-March 5	10:20-10:50am	Carp Memorial Hall	33267



West Carleton Winter Programs 2023

Child Programming

Babysitting

Earn some extra money. Learn good babysitting techniques with topics on rights and responsibilities, ages and stages, emergency procedures and introductory First Aid.

February 25-February 25 10:00-5:00pm Kinburn Community Centre 34147

Home Alone

Be safe while home alone. Learn how to handle callers at the door and on the phone as well as when and how to call emergency numbers. Some courses are offered by the Ottawa Safety Council.

February 12-February 12 10:00-Noon Kinburn Community Centre 33298

Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

Jan 14-March 11 9:40-10:40am St. Michael's School-Fitzroy 34150

As we transition to this new registration system, and continue to evolve and improve, your patience is greatly appreciated. We look forward to welcoming you and your family to our 2023 winter programs

If you require assistance, please feel free to reach out Beata Arseneault
by email at beata.arseneault@ottawa.ca or by cell: 613-315-4127.